

# Educational & Developmental Intervention Services (EDIS)

Volume 1, Issue 12

December 2011

## *What we offer:*

- Free developmental screening and evaluation for children under 3
- Comprehensive developmental screening at well-child visits with Pediatrics at the Hospital
- Therapeutic intervention for children under 3 who have delays in gross motor, fine motor, self-help, social-emotional, cognition, and/or communication skills
- Services delivered at the EDIS clinic, family home, or at the child's daycare
- Resources for parents and children
- Developmental playgroup for toddlers and parents
- Monthly newsletter
- Yoga for children with special needs

## *Our staff:*

- **Conchita Cuvillo-Martinez del Cerro**, Secretary
- **Heather Snyder**, Speech/Language Pathologist
- **Marjorie Stefan**, Occupational Therapist
- **Deb Reed**, Early Intervention Specialist

## *Contact us:*

The EDIS Clinic is located in Building 1741 in Las Palmeras Housing at the corner of Alicante and Pontevedra  
Phone: 727-4029

## Children and Gifts

The holiday gift-giving season is nearly upon us. When buying for young children, keep these tips in mind:

**Go for flexibility.** Select toys that children can use in a variety of ways. Blocks and plastic animals, for example, allow children to use their imagination. Children can build barns for the horse to sleep in, build towers that cows have to climb, and so on. The ideas are endless.

High-tech and "special purpose toys," on the other hand, may have short-term appeal, but ultimately they don't inspire creativity or learning. Children often tire of these toys more quickly.

**Plan on playing.** For

younger children, the

greatest enjoyment and learning comes from playing with an interested adult or older child. Playing with your child on the floor as he scoops up pebbles with a dump truck and deposits them into another truck that Dad is "driving," offers more fun, makes better memories, and has longer lasting-power than solitary play.

### **Save your money.**

Some of the most intriguing toys are simple and inexpensive. How about strands of colorful Mardi Gras beads that you feed into empty soda bottles? A box of old Halloween costumes, plus



other dress-up clothes? A big cardboard box to climb in and out

of? A Tupperware box full of miscellaneous household "stuff," like keys, old cell phones, bracelets, and so on. There are endless ways toddlers will amuse themselves with simple objects.

### **More doesn't mean**

**better.** Remember that gift-giving is a way to express love and friendship. A child who is showered with toys may come to feel that nothing in particular has value. Yet a child who receives only a few presents (and plenty of attention and affection) may learn to take pleasure in all that he or she is given.

## News from EDIS

A developmental screening is a quick assessment of your child's abilities in the areas of communication, gross motor, fine motor, self-help, cognitive and social-emotional development. It compares your

child's present skills to a set of typically accepted milestones.

If you have concerns about your child's development, call EDIS at 727-4029 to set up an in-home appointment.

## Is your child on track?

Monitor and stimulate your child's development by following the developmental milestone checklist posted at the Centers for Disease, Control and Prevention (CDC) Website. Look for *Milestones Moments Booklet*. Visit <http://www.cdc.gov/ncbddd/actearly/downloads.html>

## When 2-year-olds throw toys

Young children throw toys for different reasons. They may not know how to use the toy, so throwing seems as good an idea as any. Others may learn that throwing is a way to get Mom's attention. Never mind that Mom's response is negative, getting any emotional rise out of an adult gives a toddler a sense of power and a good reason to repeat the action.

Your best tactic is to be firm but neutral in your approach. Say, "We don't throw toys. Toys are for playing." Help him pick up the toy, then show him a way to use it more appropriately. If necessary, bring in more props to make the play more interesting. If he throws a car,

show him how to make cars go down a ramp or drive under chair "tunnels." Give him lots of praise for playing appropriately.

*"...getting any emotional rise out of an adult gives a toddler a sense of power and a good reason to repeat the action."*

If he dumps a lot of toys, such as a box of crayons, you may have to help him. After all, if your child sees 30 items on the floor, he will likely feel overwhelmed (Think how you'd feel if someone said,

"Clean up your entire house right now!") So make it more manageable. Divide up the mess—put 5 to 10 toys in a pile—and say, "You pick these up and I'll pick up the rest." The key is not to lock horns on the issue, but let him know there is a consequence for throwing.

If you "keep your cool," firmly help him pick up what he throws each time, show him appropriate ways to play with toys, and reward him when he does not throw, the behavior will most likely diminish over time.

## Gingerbread playdough recipe

This recipe makes a great holiday activity to do with your child or to use as a gift. Remember, this is not edible dough, even though it smells so good! The dough will keep for a long time if you keep it in a sealed container.

### Ingredients:

Flour – 1 cup  
Allspice – 0.5 tsp  
Nutmeg – 0.5 tsp

Ginger – 1 tsp  
Salt – 0.5 cups  
Cream of tartar – 2 tsp  
Vegetable oil – 1 Tbs.  
Water – 1 cup  
Food coloring (optional)

### Directions:

Combine all dry ingredients in a medium sized pot.  
Mix dry ingredients until consistent.

Add water, oil, and cream of tartar and stir over low heat.  
Continue stirring until mixture takes on a dough-like consistency.  
Remove and place on wax paper.  
Knead into a ball until dough is smooth and consistent.  
*Enjoy!*



## Bumbo Baby Seats

Due to the serious risk of injury to babies, the US Consumer Product Safety Commission (CPSC) and Bumbo International Trust of South Africa ("Bumbo International") are urging parents and caregivers to

never place Bumbo Baby Seats on tables, countertops, chairs or other raised surfaces. Infants aged 3-10 months old have fallen out of the Bumbo seat and suffered skull fractures and other injuries.

At least 45 incidents, in which infants fell out of a Bumbo seat

while it was being used on an elevated surface, occurred after the October 25, 2007 voluntary recall of the product. The recall required that new warnings be placed on the seat to deter elevated usage of the product.